

**Full Report (All Nutrients) 17412, Lamb, New Zealand, imported, neck chops, separable lean and fat, raw**

Report Date:October 09, 2015 17:33 EDT

Nutrient values and weights are for edible portion.

**Food Group : Lamb, Veal, and Game Products****Refuse:32% Refuse Description: Bone and connective tissue 32%**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g
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**Proximates**

Water	g	64.70	--	--	73.11
Energy	kcal	231	--	--	261
Energy	kJ	968	--	--	1094
Protein	g	17.43	--	--	19.70
Total lipid (fat)	g	17.90	--	--	20.23
Ash	g	0.88	--	--	0.99
Carbohydrate, by difference	g	0.14	--	--	0.16
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00

**Minerals**

Calcium, Ca	mg	20	--	--	23
Iron, Fe	mg	1.14	--	--	1.29
Magnesium, Mg	mg	18	--	--	20
Phosphorus, P	mg	156	--	--	176
Potassium, K	mg	290	--	--	328
Sodium, Na	mg	73	--	--	82
Zinc, Zn	mg	3.05	--	--	3.45
Copper, Cu	mg	0.077	--	--	0.087
Manganese, Mn	mg	0.006	--	--	0.007
Selenium, Se	µg	4.3	--	--	4.9

**Vitamins**

Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.082	--	--	0.093

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Riboflavin	mg	0.128	--	--	0.145
Niacin	mg	3.801	--	--	4.295
Pantothenic acid	mg	0.308	--	--	0.348
Vitamin B-6	mg	0.109	--	--	0.123
Vitamin B-12	µg	2.51	--	--	2.84
Vitamin A, RAE	µg	11	--	--	12
Retinol	µg	11	--	--	12
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	38	--	--	43
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.36	--	--	0.41
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0
Vitamin D	IU	2	--	--	2
<b>Lipids</b>					
Fatty acids, total saturated	g	7.514	--	--	8.491
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.001	--	--	0.001
10:0	g	0.024	--	--	0.027
12:0	g	0.021	--	--	0.024
14:0	g	0.356	--	--	0.402
16:0	g	2.859	--	--	3.231
17:0	g	0.335	--	--	0.379
18:0	g	3.863	--	--	4.365
20:0	g	0.019	--	--	0.021
22:0	g	0.036	--	--	0.041
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	4.988	--	--	5.636
14:1	g	0.009	--	--	0.010

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15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.163	--	--	0.184
16:1 c	g	0.127	--	--	0.144
16:1 t	g	0.036	--	--	0.041
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	4.813	--	--	5.439
18:1 c	g	4.008	--	--	4.529
18:1 t	g	0.805	--	--	0.910
20:1	g	0.004	--	--	0.005
22:1 undifferentiated	g	0.000	--	--	0.000
22:1 c	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.683	--	--	0.772
18:2 undifferentiated	g	0.427	--	--	0.483
18:2 n-6 c,c	g	0.193	--	--	0.218
18:2 CLAs	g	0.226	--	--	0.255
18:2 t,t	g	0.008	--	--	0.009
18:3 undifferentiated	g	0.196	--	--	0.221
18:3 n-3 c,c,c (ALA)	g	0.196	--	--	0.221
18:3 n-6 c,c,c	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:3 n-6	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.019	--	--	0.021
20:4 n-6	g	0.019	--	--	0.021
20:5 n-3 (EPA)	g	0.016	--	--	0.018
22:5 n-3 (DPA)	g	0.023	--	--	0.026
22:6 n-3 (DHA)	g	0.001	--	--	0.001
Fatty acids, total trans	g	0.849	--	--	0.959
Fatty acids, total trans-monoenoic	g	0.841	--	--	0.950
Cholesterol	mg	72	--	--	81

**Amino Acids**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g
Tryptophan	g	0.199	--	--	0.225
Threonine	g	0.859	--	--	0.971
Isoleucine	g	0.807	--	--	0.912
Leucine	g	1.391	--	--	1.572
Lysine	g	1.573	--	--	1.777
Methionine	g	0.588	--	--	0.664
Cystine	g	0.236	--	--	0.267
Phenylalanine	g	0.710	--	--	0.802
Tyrosine	g	0.624	--	--	0.705
Valine	g	0.917	--	--	1.036
Arginine	g	1.213	--	--	1.371
Histidine	g	0.382	--	--	0.432
Alanine	g	0.896	--	--	1.012
Glutamic acid	g	2.517	--	--	2.844
Glycine	g	0.770	--	--	0.870
Proline	g	0.578	--	--	0.653
Serine	g	0.614	--	--	0.694
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0